

October Postcard

October 2010

NCDOT LMDA
NMA Chapter #618
P.O. Box 25536
Raleigh, NC 27611-5536

October Lunch & Learn

LMDA's next Lunch & Learn, *The Diffusion of Competence*, will be held on **Thursday, October 21** from **12-1pm** in the **EIC**. Dr. David Boulay, Deputy Director of the North Carolina State University Industrial Extension Service, will be the featured speaker. Dr. Boulay will lead an informative discussion on competence change, the effects on organizations and how we lead them, as well as its meaning for continued individual development.



The Lunch & Learn will feature a catered lunch of healthy sandwiches from Chef Mario's, Inc. at a cost of \$5 for members and \$7 for non-members. Contact Kimberly Hinton at khinton@ncdot.gov to confirm your participation; lunch requests must be received by noon on October 19.

OCTOBER- NOVEMBER CALENDAR

Date	Event
Oct. 14 12-1	LMDA Board Meeting Location: Room 140, Rainey Building
Oct. 21 12-1	Lunch & Learn: The Diffusion of Competence Location: EIC, Highway Building Contact: Kimberly Hinton
Nov. 9 12-1	LMDA Board Meeting Location: Room 161, Greenfield Parkway
Nov. 14	Old Reliable Run 5k/10k Location: Downtown Raleigh- Nash Square Contact: Beth Smyre
Nov. 18 12-1	Lunch & Learn: Managing Your Health and Wellness Location: EIC, Highway Building Contact: TBA

Community Service- UNC-TV at the State Fair!



children at the exhibit.

Want to go to the NC State Fair and help UNC-TV at the same time? Volunteer to help out at the UNC-TV award-winning pavilion at the Fair, and you'll receive a complementary admission ticket. You can be a general exhibit volunteer, greeting fair-goers, answering questions about UNC-TV, and distributing UNC-TV giveaways and stickers. You can also sign up to be a "Read-a-roo" character, interacting with

The State Fair will be held from October 14-24. To volunteer at the UNC-TV exhibit, please see the following website:

<http://www.unctv.org/supportUNCTV/volunteer/index.shtml>